



good energy

Athlete of the Month



THOMAS BARRETT ENDURANCE ATHLETE

Congratulations to Thomas Barrett! "Hard Work, Pays Off!" **September's Athlete of the Month** has inspired the entire **Good Energy** fitness shop. His performance in September answers the often asked question, "What type of clients train at your gym?" **Thomas** is a business professional – working 9-5pm. However, he makes fitness a priority in his weekly or better yet – daily routine. His weekly schedule would exhaust most, but exemplifies what our Performance & Personal Training program is all about – INTENSE TRAINING & SUCCESSFUL RESULTS.

Thomas spent ALL summer achieving his goals and setting NEW ones. On weekends he left his business attire in Morris County and headed to Ocean County where he worked the beach as an *Ocean Beach II lifeguard*. He was a huge addition to their guard team and competed in all their events. More specifically, he excelled in rowing the boat, paddling on the long board and swimming in the team relays.

Thomas culminated his summer training by cycling in the 45 mile *LiveStrong Bike Ride* in Philadelphia, PA on August 24th.

September's Athlete of the Month was not done, but was really just beginning. **Thomas** competed in two triathlons in September including the *Lavallette Tri* where he placed 18th out of 100 competitors and 1st Place among male participants between the ages of 25-29. Two weeks later in Clinton, New Jersey - **Thomas** placed 4th in his age group in the *Jerseyman Tri* overcoming the inclement weather and securing 33rd place amongst 194 athletes.

Thomas not only competed in two Triathlons in September, but also began training for his first marathon, the *Philadelphia Marathon* in November. He is presently up to 20 miles in his training regiment and ran the *LBI 18 Mile Run* as part of his program. The **Good Energy** staff is proud that **Thomas** travels 40 minutes to cross-train at our facility. **Thomas** not only performs a total body strength program, but gets the kinks out with extra flexibility and stretching during his sessions. We take pride in helping to maintain his strength & increase his flexibility and core strength to improve his endurance training.

Thomas is not a weekend warrior, but rather a **WINNER** in our program and in life, because he lives with **Good Energy!** He approaches fitness with intensity and takes good health seriously not for granted.

Thank you, **Thomas** for your dedication to fitness and by leading our facility by your example!

GO GOOD ENERGY!



PROFESSIONAL TRAINING CENTER
260 W. Crescent Avenue #2, Allendale, NJ 07401
201-760-9900
www.goodenergytraining.com